

Stress Reducers

Ideas for boosting your ability to manage stress effectively:



- Write something (maybe in a journal) about some of the stressful situations you've experienced lately and end it in a positive way – sometimes this can help you realize things aren't as bad as they seemed.
- Don't prioritize your schedule – schedule your priorities!
- Unclutter your life.

- Do something that you enjoy that makes you sweat, and do it regularly.
- Try exercising, or specifically, relaxation exercises (like deep breathing) or Yoga, Tai Chi, or Pilates.
- Do something for others...give in occasionally.
- Go see a funny movie, read a funny book, or just find someone to laugh with.



- Do something you enjoy – get a massage, go to a movie, laugh with friends, lay on the beach, play a round of golf.
- Make a list of all the symptoms you experience when stressed – use them as cues to identify when you're stressed.
- Write out at least five things/goals you hope to experience, achieve, and accomplish through the rest of your life.

- Unwind before bedtime.
- Go to bed on time or early – even if it means missing a favorite TV show.
- Don't rely on your memory – use reminders...write notes to yourself...stay organized.
- Decide which parts of your routine can be changed so that you don't live in the rut of "wake up, go to work, eat dinner, and go to bed."



- Call someone...find someone to confide in.
- Talk to your friends and family about how you can support each other in living a healthy lifestyle.
- Avoid destructive coping mechanisms (i.e., alcohol, smoking, caffeine, self-medicating, impulsivity, taking on more than you can handle).
- Take care of yourself!

- Visit the CMD Library (Room C-235) or Angela Lee, Health Awareness Coordinator (Room C 202), for additional stress management techniques and materials.